

**Dr. Duke's Phytochemical and Ethnobotanical Databases**

**List of Chemicals for Antiinsomniac**

<b>Chemical</b>	<b>Dosage</b>
ADENOSINE	--
CALCIUM	--
GABA	--
GAMMA-AMINO-BETA-HYDROXYBUTYRIC-ACID	--
GASTRODIN	--
MAGNESIUM	--
MELATONIN	0.1-10 mg/man
TRYPTOPHAN	1-3 g/day
VALERIC-ACID	1.2-2.4
ZINC	--